Chicken and Noodles

Chicken and noodles are a college staple. When living gluten free, many people think they can no longer have this common meal. Gluten free noodles are not as cheap as the typical college noodle packs at a quarter a piece. Some brands of rice and corn noodles are more on par with the price of wheat noodles. Boxes that used to be four for one dollar are now a dollar a piece, and some corn noodles packs are less than two dollars a piece. At that rate, in few years, prices for gluten filled, and gluten free will be equal.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Mushrooms
Noodles (gluten)
Onions
Pepper
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan:
  - 3 quart sauce pan for noodles
  - 2.5 quart oven safe pan with lid for chicken

Ingredients:

Meat:

- 2 pounds of chopped chicken

Vegetables:

- 12 ounces of carrots
- 12 ounces of peas
- Optional:
  - 4 ounces of mushrooms

Other ingredients:

- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Noodles:

1. Fill a 3 quart sauce pan 3/4 full of water and set to mid heat until it reaches a rolling boil.
2. When sauce pan reaches a boil, add gluten free noodles while stirring.
3. Allow to return to a boil, stirring frequently.
4. Strain noodles.

Meat:

1. Add chicken to 2.5 quart oven safe pan.
2. Add a dash of salt and enough water to cover the bottom.
3. Pace in oven and bake at 350 degrees for one hour.
4. Chop cooked chicken.

Vegetables:

1. Cook peas and carrots on medium heat.
2. Stir and turn the temperature down 1/3 every 10 minutes.

Combine on plate:

1. A spoonful of noodles
2. A spoonful of peas
3. A spoonful of carrots
3. Add a spoonful of chopped chicken

Cook Temperature:

350 degrees for chicken
Mid to low heat for noodles and vegetables

Cook Time: 1 hour

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.